



Lemon Ginger Muffins



Vegetarian



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



339 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 1 Tbsp double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cubes of fresh peeled
- ☐ 1 large optional: lemon
- ☐ 1 cup sugar -divided into
- ☐ 10 Tbsp butter unsalted softened ()

- ☐ 2 large eggs
- ☐ 1.5 cup yogurt plain
- ☐ 2 Tbsp juice of lemon fresh
- ☐ 1 cup confectioner's sugar (powdered sugar)

Equipment

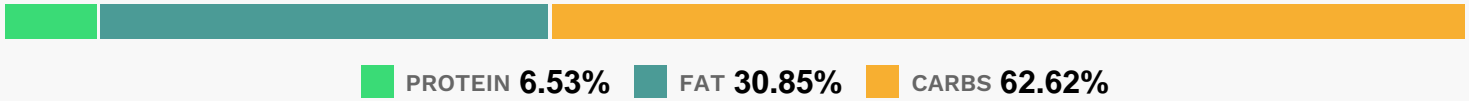
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ toothpicks
- ☐ skewers
- ☐ muffin tray
- ☐ peeler
- ☐ pastry brush

Directions

- ☐ Preheat oven: Adjust the oven rack to the middle-lower part of the oven. Preheat oven to 375°F.
- ☐ Whisk together the flour, baking powder, baking soda, and salt and set aside.
- ☐ Make paste with lemon zest, ginger, sugar: Using a vegetable peeler, peel off the lemon zest from one large lemon (avoid the white pith). Coarsely chop the zest. You should have approximately 1/4 cup of chopped lemon zest.
- ☐ Add this zest, the cubed fresh ginger, and 1/4 cup of sugar to a food processor. Pulse until a paste forms.
- ☐ Beat butter with sugar, add eggs, then zest ginger paste: In a large mixing bowl, beat the butter and remaining 3/4 cup of sugar together, beating until fluffy.
- ☐ Add eggs one at a time, beating until incorporated after each one.

- ☐ Beat in the lemon zest and ginger paste.
- ☐ Alternate adding dry ingredients with yogurt: Beat in one half of the dry ingredients until just incorporated. Beat in one third of the yogurt. Beat in half of the remaining dry ingredients. Beat in a second third of the yogurt.
- ☐ Beat in the remaining dry ingredients and then the remaining yogurt. Again be careful to beat until just incorporated. Do not over beat.
- ☐ Fill muffin tin with dough: Use a standard 12-muffin muffin pan. Coat each muffin cup lightly with olive oil or a little melted butter using a pastry brush. Distribute the muffin dough equally among the cups.
- ☐ Bake at 375°F until muffins are golden brown, about 25 to 30 minutes. Test with a long toothpick (we use a thin bamboo skewer) to make sure the center of the muffins are done. Set on wire rack to cool.
- ☐ Make glaze: While the muffins are cooling, in a bowl, whisk together the powdered sugar and lemon juice for the glaze.
- ☐ Add more lemon juice if necessary.
- ☐ Brush muffins with glaze: While the muffins are still a bit warm, use a pastry brush to brush the glaze over each muffin. The muffins will absorb some of the glaze, so you add more glaze to each muffin if you like.

Nutrition Facts



Properties

Glycemic Index:24.72, Glycemic Load:29.66, Inflammation Score:-4, Nutrition Score:7.5034782031308%

Flavonoids

Eriodictyol: 2.04mg, Eriodictyol: 2.04mg, Eriodictyol: 2.04mg, Eriodictyol: 2.04mg Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 339.15kcal (16.96%), Fat: 11.81g (18.17%), Saturated Fat: 7.04g (44.01%), Carbohydrates: 53.92g (17.97%), Net Carbohydrates: 52.74g (19.18%), Sugar: 28.32g (31.47%), Cholesterol: 60.42mg (20.14%), Sodium: 277.43mg

(12.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Selenium: 14.17µg (20.25%), Vitamin B1: 0.26mg (17.55%), Folate: 65.53µg (16.38%), Vitamin B2: 0.25mg (14.62%), Manganese: 0.23mg (11.54%), Calcium: 111.47mg (11.15%), Phosphorus: 107.09mg (10.71%), Iron: 1.82mg (10.1%), Vitamin B3: 1.92mg (9.6%), Vitamin A: 373.16IU (7.46%), Vitamin C: 6.09mg (7.38%), Fiber: 1.19g (4.74%), Vitamin B5: 0.43mg (4.25%), Magnesium: 14.65mg (3.66%), Potassium: 127.59mg (3.65%), Zinc: 0.54mg (3.61%), Copper: 0.07mg (3.52%), Vitamin B12: 0.21µg (3.46%), Vitamin E: 0.43mg (2.85%), Vitamin B6: 0.05mg (2.64%), Vitamin D: 0.37µg (2.5%)